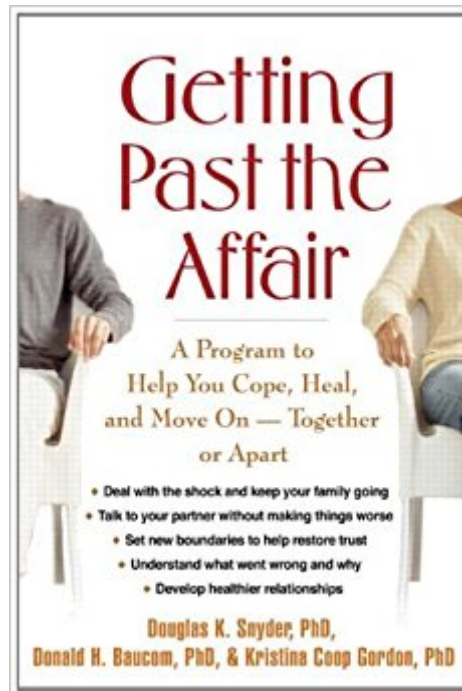


The book was found

Getting Past The Affair: A Program To Help You Cope, Heal, And Move On -- Together Or Apart



Synopsis

Discovering that a partner has been unfaithful hits you like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for your family, manage your daily life, and think clearly about your options. Whether you want to end the relationship or piece things back together, *Getting Past the Affair* guides you through the initial trauma so you can understand what happened and why before deciding how to move forward. Based on the only program that's been tested--and proven--to relieve destructive emotions in the wake of infidelity, this compassionate book offers support and expert advice from a team of award-winning couple therapists. If you stay with your spouse, you'll find realistic tips for rebuilding your marriage and restoring trust. But no matter which path you choose, you'll discover effective ways to recover personally, avoid lasting scars, and pursue healthier relationships in the future. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Book Information

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Average Customer Review: 4.3 out of 5 stars See all reviews (71 customer reviews)

Best Sellers Rank: #20,981 in Books (See Top 100 in Books) #14 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Mental Health #28 in Books > Parenting & Relationships > Family Relationships > Divorce #34 in Books > Medical Books > Psychology > Counseling

Customer Reviews

Unfortunately I had reason to purchase this book. I had first read *After the Affair* by Janice Spring. I found this book, *Getting Past*, was much more practical and down to earth. It had many very helpful concrete suggestions for the different stages and it addresses more than just the hurt and pain that the "betrayed" person feels. There have been some reviews complaining that this book goes too easy on the person who had the affair and that is let's him/her "off too easy". I really do not feel this book does that at all. What it does is asks both partners to look at their parts in what went

wrong with the relationship that contributed towards the affair.BELIEVE ME, I see no justification for one person to step outside of a committed relationship and seek emotional or sexual connections with an outside person AND, I also believe that regardless of my contributions that led to unhappiness and misunderstandings in our relationship that I did NOT cause the affair to happen and it is NOT my fault it did. It was my partner who chose to seek an outside person due to his unhappiness rather than share that unhappiness with me.But the value of this book is very important in that it is helping me see more clearly past my pain and to is helping me see more clearly what I do want to happen down the road with us .AND the more important part is that although my partner is a wonderful person in that he is WILLING to read any book I push at him, and he did read most of After the Affair and a few others, this book has been so much more helpful to him and some of that is due to the way the authors speak in a less BLAMING tone towards the person who had the affair.

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